

SHANNON O'HAVERTY
Yoga Instructor, Serenity Yoga



Shannon has been a practicing yoga teacher for ten years, and she is an avid Ayurvedic practitioner. She teaches Yoga to adults and children. Shannon teaches, gentle, basic, restorative and therapeutic Yoga. She received her Yoga training at the Kripalu Center for Yoga and Health in Lenox Massachusetts, Yoga Point in Nasik India, and Rainbow Yoga for kids in Montreal Canada. Shannon has also studied women's therapeutic Yoga under Soni Anderson and Tina Nance. Shannon is currently pursuing a degree in counseling and mental health and she is doing her research on the use of gentle Yoga as an addendum to psychotherapy treatment for generalized anxiety. Shannon is also currently earning her Professional Level Yoga Instructor certification at the Kripalu Center for Yoga & Health. She incorporates the principles of Ayurveda into her Yoga classes and she is particularly skilled at providing classes that address women's issues by choosing postures that are in concert with the season.